

SPIKE IT UP!

Lady Spikers spears down Lady Falcons, 3-0

La Salle Lady Spikers triumphantly carved their names as champions as they skillfully outplayed the mighty Adamson Lady Falcons, with a huge score difference, 3-0, during the UAAP Season 86 Women's Volleyball held at the Mall of Asia, Manila, on Saturday, February 14.

In the first match, the game was off to a thrilling start as both teams impressively displayed their expertise in fighting for the first lead. However, Angel Canino, last season's rookie MVP from Lady Spikers, fervently set the tone of the match as she boosted the team ahead by scoring 14 points, together with 11 attacks and 3 blocks, earning them their first win, 25-16.

As the second set commenced, the Lady Falcons attempted to avenge the missed win, but the lack of crucial players from the team, resulted in a scuffle as they failed to keep up with the formidable prowess of the Lady Spikers, with Shevana Laput, bolstering the team by marking 11 points and 3 blocks, together with Amie Provideo accumulating 8 points, directing the team to another victory, 25-16.

The tension in the arena rapidly heightened, as both teams resiliently defended their designated side of the court with the hopes of achieving the glory of the game for the last, decisive set. Keeping up with their momentum, Lady Spikers continued to score for the match, on the other hand, Lady Falcons, with no traces of being dismayed, continued to attain a score with Rochelle Lalongsip and veteran spiker Lucille Almonte serving 6 points, respectively. Nevertheless, the strength and skills of the Lady Spikers were too hard to match, as Julia Coronel exuded her valor by garnering 13 points and adding 10 digs to capture the title as victors of the game, 25-18.

After the hard-fought battle, Angel Canino praised the team's hard work and determination to reach this milestone.

IT'S BACK ON TRACK!

Unigames '24 ignites sportsmanship in Dipolog City

Upholding to showcase the relevance of camaraderie and rekindle sportsmanship across the nation, the most awaited annual University Games was successfully accommodated in the home grounds of Dipolog City on Sunday, January 21-27.

With the support of the Dipolog City Government, spearheaded by Mayor Darel Dexter Uy, the event was achieved due to the collective efforts of the government in shouldering the expenses and the preparation of the venues.

Fueled with burning spirits and enthusiasm, an estimated 1,000 athletes, coaches, and assistants from 31 different universities nationwide gathered to present their fervor in competing against opposing universities with the determination to bring home the crown as champions in their respective games.

Furthermore, the Unigames extends to different kinds of sports such as badminton, basketball, table tennis, taekwondo, volleyball, beach volleyball, and futsal.

The Unigames being held in Mindanao, specifically Dipolog City, not only nurture and unite the talents of Athletes, but it can also promote the warmth and serenity of the region, as well as bring the City closer to their goal of being hailed as “Sporty Dipolog” where they cater sports events in the whole region.

FOR THE GLORY!

Gilas Pilipinas clinches the way to Fiba Asia Cup 2025

With the joint power of camaraderie and perseverance, Gilas Pilipinas together with their coach, Tim Cone, prosperously gained the coveted key to succeed for the Fiba Asia Cup 2025, as they triumphed in the qualifying game against the Chinese Taipei, 106-53, at the Philsports Arena on Sunday, February 25.

Following their hard-fought victory, Kai Sotto, one of the crucial players who boosted the team ahead with his awe-dropping double-double scoring 18 points as well as 10 rebounds, highlighted that this accomplishment is not merely concentrated on defeating the Chinese Taipei, rather, it largely focuses on the team's ultimate goal - to advance for the battle in the Olympics.

Supporting this objective, Coach Cone, the newly selected permanent coach, expressed his gratitude towards the fans for their never-ending support which led to the exhilarating success of the Gilas Pilipinas, reviving once more the Filipino pride and glory. Cone also underlined the team's ambition to qualify for the Olympics.

This accomplishment not only gives way for the team to grab their goals but also deepens the comradeship and will aid in paving more opportunities for the Filipinos to shine and show their skills and talents.

ZNNHS REAPS DCIT, 51-50

Zamboanga del Norte National High School triumphed over the formidable Dipolog City Institute of Technology in a neck-to-neck match, with a one-point score difference, 51-50, bagging home the title as champions during the Inter High School Basketball Tournament Championship Round, at SMA Covered court on January 4, 2024.

During the first match, John Yu started the game strong as he exhibited his prowess, earning the team its first lead, 6-2. However, their pace was destroyed as Ed Maturan from DCIT, swiftly turned the tables, resulting in a tie, 10-10. The intense game continued until DCIT seized the round, 18-16, earning them the first lead.

As the second quarter started, DCIT continued to score until Chris Lin of ZNNHS, having no thoughts of losing, presided over DCIT by shooting an epic three-point shot, bolstering the team ahead, 30-28.

The tension quickly rose over the court, making the game more thrilling, as both teams continued to score against the other. The two teams resiliently safeguarded their side, which resulted in difficulty for ZNNHS and DCIT in shooting a score, leaving both teams in a deadlock, 43-43.

Keeping up with the intensity, in the final playoffs, the opposing teams exuded all their spirit and energy as they attempted to win this final quarter. However, Yu, together with Leo Perez in the ZNNHS team, finally made a three-point shot. Not wanting to be outdone, the DCIT quickly caught up and accomplished three strategic shots. In the last ten seconds, Perez lobbed the crucial shot earning them the crown of the game, 51-50.

"It was a hard-earned victory. Thank God for the strength and guidance," Yu, enthusiastically enthused.

Moreover, the reigning champion during the 2023 championship round, SMA, came off in third place in the basketball tournament.

CREAMLINE SPIKES DOWN CHOCO MUCHO, 3-2

Choco Mucho triumphantly seized the glory as they outplayed the mighty Creamline in the championship set, with a one-point score difference, 3-2, during the 2023 PVL All-Filipino Conference Finals Game, held at Smart Araneta Coliseum on December 16.

As the players enter the scene, a symphony of cheers and a vibrant mix of colors are distinctly present in the symposium while the crowd divides itself with their preferred teams.

In the first set, the anticipation grew robust as Rondina (18), from the Choco Mucho, spiked the ball to the other side, implicating the start of the match. As the round continued, Choco Mucho consistently scored against Creamline, gaining them the lead on the scoreboard, 24-22.

As the second set started, the tension quickly rose between the two teams as Creamline swiftly caught up with the missing points, leading to a draw, 20-20. Until Jema Galanza from Creamline broke the tie with her merciless spike, 21-20. This momentum continued directing to the team's first win, 24-22.

Choco Mucho took on the challenge of taking back their loss, however, Creamline's spikes and serves were too powerful to defeat, leading to Creamline scoring the third round, 28-27.

With Creamline still leading at the initial start of the fourth set, Choco Mucho, having no thoughts of being defeated in this round, finally caught up in the leading board, reaching another triumph for the team, 24-20.

In the last and decisive set, the pressure was on as all players were on their feet while they sought out the strategies and gameplay of the opponents, in order to gain victory in this final round. Keeping up with their previous win, Choco Mucho leads the last round with 4-3. Still, with Creamline's never-ending determination, they unfailingly reclaim the lacking points with Alyza Valdez delivering the final blow, bringing home the laurels and title as champions.

ZNNHS sweeps DCIT, 51-50

by: Shintaine Berodias

In a gripping display of skill, strategy, and determination, Zamboanga del Norte National High School (ZNNHS) pulverized Dipolog City Institute of Technology (DCIT) in a close battle, 51-50, in Inter-High School Basketball Tournament held at Saint Mary's Academy Covered Court, last January 4, 2024.

As the first quarter commenced, ZNNHS' John Yu scored two consecutive shots as they took the lead, 6-2; but was outclassed as DCIT's unyielding Gd. Moturan exhibited a remarkable play claiming the quarter, 18-16.

In the second encounter, ZNNHS' Chris Lim took the sports scene by storm as he made three consecutive three-point shot against DCIT taking the lead, 30-28.

In the third match, both teams demonstrated their prowess, executing precise passes, strategic plays, and remarkable defensive maneuvers as they create an electrifying backdrop for the title clash leading them to tie, 43-43.

In the final face-off, the battle for the limelight continues as ZNNHS' Yu showcased his prodigious talent and skills with the help of his teammate, Leo Perery. Despite the intense yet calm and thrilling fight, DCIT managed to chase and showed off their determination and did three straight shots.

The defining moment arrived when Perery came up with another sterling performance taking the last 10-second clock and made a 3-point shot resulting them to take home the beacon, 51-50.

"It was a hard-earned victory. Thank God for the strength and guidance," Yu stated with triumph.

Moreover, Saint Mary's Academy clinched the third place and ended their reign as ZNNHS took home the championship title.

Saint Mary's Academy clinched the third place and ended

Axelsen dethrones Chen, 2-0
by: Shintainne Herodias

Sea Games 2023: Vietnam advances to Finals
by: Shintainne Herodias

In a thrilling display of skill and determination, Vietnam's Bui Dinh advanced to finals after closing out Philippine's Noah Gonzales in a close battle, 3-2 thrashing in the semi-finals of the tennis men's padded combat 55-60kg in 32nd Southeast Asian Games held at Hall A, Changyuan Convention Centre in Phnom Penh, Cambodia last May 15, 2023.

From lightning-fast strikes to intricate defensive maneuvers, Philippine's Gonzales exhibited a mastery of techniques as he ruled over the first set against Vietnam's Dinh, 5-0.

As the second set commences, Gonzales continued to unveil strategic attacks keeping the momentum as he took the set again, 5-2; but Dinh took the challenge demonstrating an excavating artistry of arms claiming the third set, 5-0.

As the game progressed, it became a battleground for control with each players vying for dominance and the chance to launch decisive attacks; but Dinh unleashed a stunning display of skills, weaving through Gonzales' defense nabbing the fourth set, 5-2.

The atmosphere was charged with anticipation as both players demonstrated their prowess, creating an electrifying backdrop for the set to advance for the finals; however Dinh solidified his status leading the match making Gonzales fought valiantly launching a series of desperate attacks in a bid to overturn the scoreline.

THE CLASH OF THE DECADE!

Choco Mucho outplays Petro Gazz, 3-2

In a gripping display of skills and determination, Choco Mucho rules the court as they magnificently emerge as the champions against the daunting Petro Gazz in a close battle with five sets, 24-26, 25-22, 25-18, 24-26, 15-13, during the 2024 Premier Volleyball League All-Filipino Conference, at the Philsport Arena.

In the initial set, the game ignited strong as both teams were eager to set the tone of the court by asserting dominance against the other. As the round continued, Choco Mucho consistently showed off their intricate maneuvers, however, Petro Gazz unceasingly exhibited their mastery of the game, gaining them the first win, 24-26.

With no traces of being dismayed, in the second match, Choco Mucho fervently flaunts their burning spirits toward winning this game as they swiftly caught up with the missing points, although Petro Gazz continued with their momentum in the first set, Choco Mucho's powerful strikes were too hard to match, resulting in the first victory of Choco Mucho for the second set, 25-22.

Keeping up with their hot momentum, Choco Mucho continued to serve their strategic attacks, unleashing their mastery and control of the court, captivating the limelight again, 25-18.

In the fourth set, Petro Gazz took on the challenge of taking back their loss, they excessively exuded their vigor by landing awe-dropping strikes and unrivaled defense, with the sudden change in demeanor, Choco Mucho failed to keep up with their energy, leading to a tight score, 24-16.

With both teams being in a deadlock, 2-2, the tension mounted to its highest point, as both teams are on their guard as they sought out the strategies and gameplay of the opponents, in order to win the title as champions in this crucial final round. Choco Mucho had the upper hand of the game as Rondina bolstered the team with her blocks gaining to a 13-7 lead. Not wanting to be outdone, Petro Gazz showed off their extensive footwork and teamwork, however, Marian Buitre, from Choco Mucho, delivering the final blow, sealing their awards as champions.

This hard-fought victory was also contributed due to the collective efforts of their chemistry as a team. Alba scored 25 outstanding sets, while Rondina gave off 24 points from her attacks and 22 receptions. Kat Tolentino advanced the team with 17 points, and Isa Molde with her 12 points, and lastly with the team captain Maddie Madayag and Cherry Nunag scoring 11 points for the team.

"Until now, I am still thinking how it took us that long to finish the game because we had a lot of chances to end it," Coach Dante Alinsunurin, expressed in an interview. He stressed the needs of improvement of the two-hour-long match.

Moreover, on the same day, Petro Gazz were set to have another battle to reclaim their title, against PLDT, which is led by Savannah Davinson

Gawilan dominates 4th Asian Para Games

Unstoppable Ernie Gawilan, carrying the pride and honor of the Philippines, successfully bagged the historic gold medal in the men's 400-meter freestyle S7 event during the 4th Asian Para Games held in the home grounds of Hangzhou, China, on October 24, 2023.

Despite being handicapped, this didn't stop him as he exuded all his strength and clinched a bronze medal finish in the men's 200m individual medley, together with a remarkable achievement in the 400m freestyle in an outstanding time record of four minutes and 58.29 seconds.

After spending countless hours in training and enhancing his skills, this finally earned him the most-eyed for gold medal, resulting in another victory and milestone for the Philippines.

"It's a rare achievement to win the first gold for your country. I'm happy that It was able to accomplish this," Gawilan, enthusiastically expressed in an interview.

Furthermore, Soon Toh Wei, from Singapore, nabbed home the silver medal, with a finishing time of 5:12.16, while Human Xiangquan, a representative from China, clinched the bronze medal in 5:16.33.

THE BATTLE OF WILLS!

Featherweight Title Showdown: Garcia knocks Lopez

In a devastating exhibit of grit, determination, and power, Garcia ferociously captured the vied title of Featherweight against the vicious Lopez, by landing an overwhelming technical knockdown, in a span of 240 seconds, during the World Boxing Organization Featherweight Title at American Airlines Center, Dallas, Texas, USA.

The symposium was filled to the brim with eager spectators, roaring with words of encouragement as they awaited the last man standing in this fierce battle of pride and glory.

As the sound of the opening bell echoed throughout the stadium, strategic maneuvers graced the ring, as both opponents tried to analyze the gameplay of the other.

Mikey Garcia, the former bearer of the Featherweight title, but was stripped due to his exceeding weight, entered the scene with a cunning smile as he raised the tension between him and Juan Lopez by displaying his foxlike movements and delivering hard strikes to Lopez in the initial round.

With no traces of being dismayed, Lopez withstood his composure and continued to mirror back the blows Garcia flung towards his way, by strengthening his defense and delivering sharper shots to his opponent.

However, a jab, straight right combination bolted towards Garcia, setting him back to the 10-second count, although this did not affect his burning spirit as he stood his ground within the duration of 8 seconds.

In the third match, Lopez took on the challenge of reclaiming his dignity as he unyieldingly hoisted himself against the electrifying prowess of Garcia.

Nevertheless, Garcia's dominance over the ring radiated blindingly as he released his thunderous right-hand blow which left Lopez stunned, followed by a left, to the side of the head, mounting more to the taste of defeat for Lopez in the fourth round.

After the preceding battle, Lopez still showed his unwavering willpower, until the referee, Rafael Ramos, decided to end the match.

Despite the hard-fought battle, Garcia still can't hold the title as Featherweight since he surpassed the expected weight limit for the title by gaining 2 lbs.

BOSTON CELTICS SWEEP GOLDEN STATE WARRIORS, 140-88

In front of a roaring and thunderous home crowd, the Boston Celtics victoriously triumphed as they massacred the formidable Golden State Warriors in the remaining minutes, with an enormous score difference, 140-88, cementing their name into history as champions during NBA Season 2023-24 in the home grounds of Boston on March 3, 2023.

As the clock started ticking, the match ignited strongly as both teams were eager to showcase their fervor in setting the tone of the court.

During the first match, Jaylen Brown started the game strong as he exhibited his prowess, bolstering the team ahead with 19 points. The intense game continued until Celtic seized the round, 44-22, earning them the first lead, while also marking the biggest halftime lead in franchise history.

The big three from the Golden State Warriors, Steph Curry, Klay Thompson, and Draymond Green were not allowed to step into the court for the second time due to the disappointment of their head coach in witnessing the performance of the team.

As the second quarter started, the Warriors continued to avenge the missing points as their offense tried to preside over the opposing team, however, the skills and prowess of the Celtics were too hard to match as they constantly massacred the Warriors, 38-16.

Keeping up with the intensity, the Celtics rapidly upped their dominance as they boosted their score by 50 points above the other team, resulting in difficulty for the Warriors to score against them, 33-24.

As the next set started, the symposium was filled with cheers of encouragement or with sighs of disappointment as their preferred teams battled against each other. The tension quickly rose over the court, making the game more thrilling, as both teams exuded all their spirit and energy as they attempted to win this final quarter. This tension continued to heighten until the Celtics ended this round with their unrivaled defense and offence, grabbing the crown of the game with 180-44, marking another victory for the team.

After the hard-fought battle, Boston Celtic, etched their name into history for being the first NBA team to triumphed in three games by gaining 50 points in a single season.

“It feels great, but, at the same time, it's always within humility. We don't take the game for granted. We didn't come and mess around and that's just how we show our respect to the game; we handle business and take care of it. ... It's a lot of respect for the Golden State Warriors, but we feel like it's our time now,” Brown enthusiastically enthused.

On the other hand, the Warriors suffered their biggest loss for this season and the third largest in franchise history after being subjected to a season-low 88 points.

“They’re the best team in the league right now, and they played like it ... that was hard to watch from the other side,” Curry heart-achingly said.

FALCONS SWEEP BULLDOGS, 58-41

In front of eager and keen spectators, Falcons victoriously triumphed as they skillfully outplayed the formidable Bulldogs in an electrifying match, with a 17-point score difference, 58-41, cementing their name as champions during the Friendship Game, held at Miputak Covered Court on Saturday, March 9.

As the clock started clicking, the match ignited strongly as both teams were eager to set the tone of the court by asserting dominance over the other.

In the initial quarter, Sarceno (23) from the Falcons started the game firmly as he exhibited his prowess, bolstering the team ahead with his first shot earning 2 points. However, their pace was destroyed as Villaflor (9) from the Bulldogs swiftly turned the tables in the remaining minutes, resulting in the team seizing the first lead, 11-8.

The Bulldog's intense momentum continued as the second set started, however, having no aim of losing, the Falcons started to avenge the missing points between the opposing team. The two teams resiliently safeguarded their side, which resulted in difficulty for the Falcons and Bulldogs in earning a score, leaving both sides in a deadlock, 21-21.

As the game continued, the court became a battlefield as the opposing teams attempted to break the tie by showcasing their intricate maneuvers and strengthening their defense as well as their attacks. This vies for dominance ended as the Falcons took charge and conquered the round with Nacionales (23) scoring 3 points during the 10-second countdown, bagging the lead for the third match, 42-36.

The tension in the court rapidly heightened as both teams were on their guard while they sought out the strategies and gameplay of the opponents, in order to bag the title as victors in this crucial last round. The Falcons had the upper hand during this match as Sarceno (23) increased the scoring board by unleashing his mastery of the game, 44-30. Not wanting to be outdone, the Bulldogs exhibited their extensive skills and camaraderie against their opponent, nevertheless, the Falcon's mastery and abilities were too hard to match, as Dagayluan's (24) free throw during the last 2 minutes captivated the crown of the game with the score lead of 58-41.

"I gave my best during the entire game. My teammates and I played safe, but I encouraged them to trust themselves more when playing. Overall, I'm happy that we won," Nacionales enthused after the hard-fought battle.

GOLDEN SPIKERS AND TIGRESSES CONQUER UAAP SEASON 86 VOLLEYBALL TOURNAMENT

The unstoppable forces of the University of Santo Tomas bagged home the winning titles as they constantly prevailed over the formidable teams from notorious universities in decisive matches in both the men's and women's divisions during the UAAP Season 86 volleyball tournament.

In a grand exhibition of their power, skills, and determination, the UST's women's team, the Tigresses, effortlessly ruled the court as they penetrated through the hurdles of the preliminaries with an outstanding 7-0 record.

Despite these hard-fought victories, Angeline Poyos, applauded as the star Player of the Week - owed to her exceptional execution, stresses the need for improvement and refinement in the team's performance, specifically in fortifying their skills in defending their side of the court. In support of this, in the recent sets against the University of Adamson and the University of the Philippines, it was evident that the UST's Tigresses were confronted with challenges in their blocking due to the height disadvantages. Moreover, team captain, Bernadett Pepito, and playmaker Cassie Carballo resonate with the team's ultimate focus to improve their net defense and blocking issues to continue with their winning pace.

On the other side of the court, UST's men's team, the Golden Spikers, were not far off from the Tigresses' triumphs as they prosperously nabbed fourth place with a 4-3 record. Josh Ybañez underlines the importance of prioritizing cooperation over individual performances, for the team to effectively secure wins in this season.

In addition, Poyos scored an average of 20 points per game during the triumphant week of the Tigresses. As well as Ybañez averaged 22.5 points in the team's matches against Adamson and UP.

Faced with a wave of disputes, this does not sway the fortitude and willpower of UST's men's and women's volleyball teams. Instead, this further

drives them to build up their attacks and defense for more battles in the future.

LOS ANGELES LAKERS DEVOUR GOLDEN STATE WARRIORS IN NBA GAME 6, 122-101

Amidst a deafening and thunderous home crowd, the Los Angeles Lakers soared to victory as they dethroned the standing champions, Golden State Warriors, with a commanding point-lead difference of 21 points. The final score stood at 122-101, solidifying the Laker's name as victors and the qualifying team to proceed to the Western Conference finals during the NBA Game 6, held at Crypto.com Arena on Friday, March 12, 2023.

The atmosphere was charged with excitement and anticipation, as fans waved banners and flags, creating a sea of colors that enveloped the stadium, eagerly awaiting for the emergence of the last team standing.

As the clock started ticking, the Lakers set the pace of the game to a dominating set as they shot at an impressive rate and built a substantial lead over their opponents, vaulting to a 15-7 lead. This impressive motion continued as Austin Reeves, from the Lakers, marked a three-point shot, taking another lead at 27-10. With few remaining minutes left in the timer, the Lakers showed no mercy to the Warriors as they decisively ended their struggle, securing victory in the first quarter, 31-26.

Continuing with their hot momentum, the Lakers maintained their lead by scoring 34-26 at the start of the second match. The Warriors tried to retaliate against the opposing team, however, the prowess and skills of the Lakers were too hard to cope with as they once again gained another win for the second quarter, 56-46.

With the cheers and claps erupting from the crowds, a different timer is set for another countdown, indicating the start of the third quarter. The Lakers still going strong, made it more difficult for the Warriors to pass through their defense and attacks. LeBron James, from the Lakers, breezed

past them, hurdling 21 points, paving the way to their largest lead of the game, with a preeminent lead of 14 points with the final score at 91-77.

In the last, decisive 12 minutes, all players are on guard as they prepare to capture the award-winning title and proceed to the next playoffs. Warriors continued to dribble the ball toward the Lakers but were blocked by the resilient defense of the team. The creeping sense of defeat quickly caught up in the Warriors as Draymond Green, from the Lakers, advanced the game with nine points, nine rebounds, and three assists. Stephen Curry, from the Warriors, tried to reclaim their golden glory by gaining 32 points. Nevertheless, the teamwork and precision of the Lakers seemed impossible for them to bout. With the remaining time of the game, LeBron concluded with 30 points, 9 rebounds, and 9 assists, as well as support from his teammate, Anthony Davis, with 17 points and 20 rebounds, bolstering the ending round with 122-101.

In a heart-stopping clash on the volleyball court, Creamline battled it out against Cignal in a close knit bout, dominating three sets in a best of five match, 3-2, during the thrilling encounter in the preliminary round on Tuesday, March 26 held at PhilSports Arena.

Already evident from the first serve, the intensity of play was palpable as Cignal and Creamline traded blows in a back-and-forth affair. As the match progressed, Creamline consistently scored against Cignal, securing them the lead on the scoreboard at 28-26.

Despite Cignal's efforts to reclaim their loss, Creamline's powerful spikes and serves proved too formidable, resulting in Creamline triumphing twice in a row with scores of 25-22.

As the third set commenced, tension surged between the teams as Cignal swiftly closed the point gap, ultimately securing their first win of the match with a score of 22-25.

With Cignal initially leading in the second set, Choco Mucho, determined not to be defeated, endeavored to reclaim lost points. However, Cignal's superior skills proved to be insurmountable, securing another victory for the team with a score of 21-25.

In the decisive final set, with both teams deadlocked, the pressure mounted as players meticulously analyzed their opponents' strategies in a bid for victory. Despite Cignal initially leading, Creamline's unwavering

determination allowed them to steadily reclaim lost points. Tots Carlos delivered the final blow, clinching victory and earning Creamline the title of champions with a final score of 16-14.